



Roasted Turkey Breast with Corn Bread-Sage Stuffing and Brandy Gravy

READY IN



4555 min.

SERVINGS



4

CALORIES



1459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon brandy
- ☐ 2 stalks celery finely chopped
- ☐ 0.5 cup chicken stock see
- ☐ 4 cups cornbread crumbled stale
- ☐ 1.5 ounce demi glace
- ☐ 2 large eggs beaten

- ☐ 2 tablespoons sage fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 1.5 tablespoons olive oil
- ☐ 1 small onion red finely chopped
- ☐ 3.5 pound turkey breast bone-in halved (see Tips, below)
- ☐ 1 tablespoon butter unsalted

Equipment

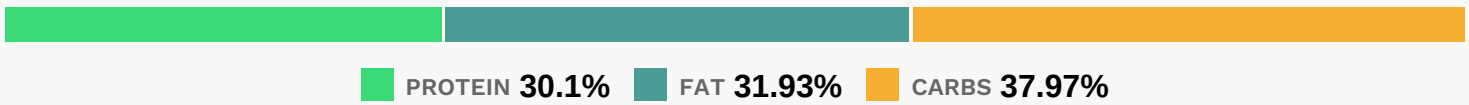
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 425°F and grease 9-by 13-inch roasting pan.
- ☐ In large skillet over moderately high heat, melt butter.
- ☐ Add onion, celery, garlic, nutmeg, pepper, and bay leaf, and sauté until vegetables soften, 5 to 6 minutes. Stir in sage and cook 30 seconds more. Stir in stock and simmer, uncovered, until liquid is reduced by half, about 3 minutes.
- ☐ Put corn bread in large bowl and pour vegetables over. Toss to mix well.
- ☐ Add eggs and stir to combine.
- ☐ Rinse breast halves and pat dry. Season generously with kosher or coarse sea salt and freshly ground pepper, and rub all over with olive oil.

- ☐
- Mound stuffing in center of roasting pan and arrange turkey on top, making sure breast halves aren't touching. Roast until thermometer inserted into thickest part of turkey (do not touch bone) registers 170°F and juices run clear when pierced with fork, 45 to 55 minutes.
- ☐
- In small saucepan over moderately high heat, combine demi-glace, 1/2 cup water, and brandy. Bring to boil, stirring until smooth. Stir in butter, reduce heat, and simmer uncovered, stirring often, until gravy thickens, about 1 minute. Stir in cream and season with freshly ground pepper.
- ☐
- Serve hot, over turkey and stuffing.
- ☐
- It's easiest and fastest to ask your butcher to split the turkey breast in half for you. But this can also be done at home: Use a heavy, sharp knife and don't be afraid to whack the breast at the wishbone several times until it comes apart. Slicing the skin down along the breastbone before you start cutting is also helpful. • If your corn bread isn't stale, spread out slices on a baking pan in a 200°F oven until they feel dry and crumbly. (Depending upon how moist the loaf is, this can take anywhere from 20 minutes to an hour.) Then crumble up the slices. Any leftover stale bread—rolls, focaccia, even bagels—can be substituted for the corn bread.—In the gravy, bourbon, whisky, wine, port, or vermouth can be used instead of brandy.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:0.77, Inflammation Score:-9, Nutrition Score:49.278695707736%

Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 1458.71kcal (72.94%), Fat: 51.57g (79.33%), Saturated Fat: 20.36g (127.22%), Carbohydrates: 137.98g (45.99%), Net Carbohydrates: 131.45g (47.8%), Sugar: 41.92g (46.58%), Cholesterol: 484.22mg (161.41%), Sodium: 2551.77mg (110.95%), Alcohol: 1.25g (100%), Alcohol %: 0.2% (100%), Protein: 109.37g (218.74%), Copper: 9.53mg (476.74%), Vitamin B3: 44.74mg (223.69%), Phosphorus: 1953.1mg (195.31%), Selenium: 120.27µg (171.82%), Vitamin B6: 3.41mg (170.32%), Vitamin B2: 1.21mg (71.19%), Vitamin B12: 3.32µg (55.34%), Vitamin B5: 5mg (50%), Zinc: 7.33mg (48.85%), Manganese: 0.95mg (47.49%), Folate: 185.06µg (46.26%), Calcium: 446.73mg (44.67%), Iron:

7.89mg (43.86%), Vitamin B1: 0.64mg (42.34%), Potassium: 1480.55mg (42.3%), Magnesium: 156.51mg (39.13%),
Fiber: 6.52g (26.1%), Vitamin A: 1225.58IU (24.51%), Vitamin E: 2.89mg (19.26%), Vitamin K: 19.43µg (18.51%), Vitamin
D: 1.43µg (9.5%), Vitamin C: 3.38mg (4.1%)